

Mugg and Bean Recipes

Toasted English Muffin

R6.50

Ingredients

1	English muffin toasted
30g	Strawberry Preserve
30g	Cheddar cheese grated
10g	Butter

Method

- Slice muffin in half.
- Butter inside and place in the toaster.
- Serve with grated cheddar and strawberry jam.

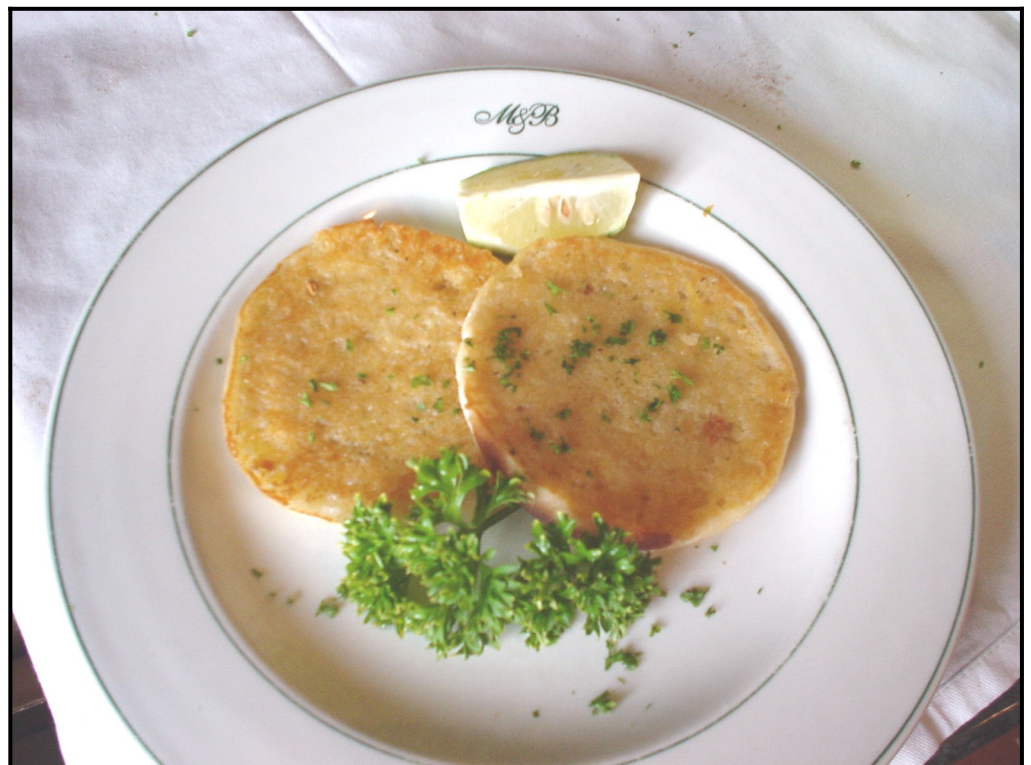
Garnish

- A wedge of lemon and a tree of parsley.

NOTE!

- Preserves
- Butter
- Grated cheese

ALL SERVED ON
THE PLATE



Mugg Bean

and

Recipes

Fresh Butter Croissant

R6.50

Ingredients

- | | |
|-----|-----------------------|
| 1 | Butter Croissant |
| 30g | Strawberry Preserve |
| 30g | Cheddar cheese grated |
| 10g | Butter |

Method

- Serve as per photograph.
- Place cheese, jam and butter in 75 mm Stacking bowl.



Mugg and Bean Recipes

Anchovy Toast

R5.50

Ingredients

- 3 Baguette slices toasted and buttered
- 30g Anchovy spread in 75 mm stacking bowl.

Method

- Toast the bread with butter already on.
- Plate as per photo.

Garnish

- With chopped parsley only.



Mugg and Bean Recipes

Cheese Croissant

R8.50

Ingredients

1 Croissant.
40g Emmenthal cheese

Method

- Split Croissant & put a slice of cheese on lower half.
- Melt under the salamander.
- Toast upper half using an open toaster.
- Arrange on plate as per photograph.

Garnish

- Sativa lettuce.
- Wedge of lemon.
- Wedge of tomato.
- Chopped parsley.



Mugg and Bean Recipes

Cheese and Ham Croissant

R12.50

Ingredients

- 1 Croissant split
- 30g Emmenthal Cheese
- 30g Smoked Ham
- Lettuce and Tomato
- Garnish

Method

- Slice croissant in half and toast the top on an open toaster.
- Using the bottom half place the ham and then the emmenthal cheese together.
- Melt under the salamander.
- When cheese has melted remove from the salamander.
- Plate as per photo.

Garnish

- Sativa lettuce
- A wedge of tomato.
- A wedge of lemon.
- Chopped parsley.



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Recipes

FLAP JACKS WITH HONEY AND CREAM

R10.50

INGREDIENTS

Flapjack mix
100 ml Honey
100 ml cream whipped

METHOD

- Make two regular flapjacks on the flattop (hardly any oil).
- Put honey into a 100 ml Stacking bowl
- Put cream into a 100 ml stacking bowl.

Garnish

- A wedge of lemon.
- A sprinkling of icing sugar.



Mugg and Bean Recipes

Blueberry flap jacks

12.50

Ingredients

Flapjack mixes for two flapjacks.
100ml Tablespoons blue berries.
100ml Honey
1 Wedge lemon

Method

- Ladle the mix onto the flat top.
- Sprinkle two spoons of blue berries onto the flapjacks before turning them.
- Grill until golden brown.

Garnish

- A wedge of lemon.
- Sprinkles of icing sugar.



